

Apr 22nd, 2:45 PM

## Abstraction of My Mind

Kayla Zych  
*Northeastern Illinois University*

Follow this and additional works at: <https://neiudc.neiu.edu/srcas>

---

Zych, Kayla, "Abstraction of My Mind" (2021). *NEIU Student Research and Creative Activities Symposium*.  
3.  
<https://neiudc.neiu.edu/srcas/2021/s30/3>

This Event is brought to you for free and open access by the Conferences and Symposia at NEIU Digital Commons. It has been accepted for inclusion in NEIU Student Research and Creative Activities Symposium by an authorized administrator of NEIU Digital Commons. For more information, please contact [h-owen3@neiu.edu](mailto:h-owen3@neiu.edu), [wallis@neiu.edu](mailto:wallis@neiu.edu).

## **ABSTRACTION OF MY MIND**

Kayla Zych, Department of Art & Design, Northeastern Illinois University, Chicago IL 60625

In my series, Abstraction of My Mind, my first solo exhibition, I will be presenting my work in the form of a 12-minute artist talk. Through this series I am expressing the thoughts and feelings of confinement I've felt these past few months dealing with the lockdown, anxiety, and depression. Ever since the lockdown, my anxiety spiked, and I spent my days wanting to create but lacking the motivation. I was barely getting by with my schoolwork and felt like I was stuck with no way of getting past it. I spent these past few months struggling wondering if the next day would be any better or if it was only going to get worse. This series focuses on abstraction but uses color as a way to express emotion. I want the viewer to feel a sense of overwhelmingness but also some of the feelings I felt including sadness, loneliness, uncertainty, anger, etc. I hope through the series the viewer can get a sense of some of these emotions and can relate to them in a way. I created these works using oil paint not only to convey a sense of movement but allow myself to create texture and layer to the pieces. I've also chosen oil paint because to me it feels more expressive than other mediums, but also because I have a sense of comfort when working with it. This series is done in oil paint with the use of turpenoid and liquin. The series will include 6-8 works all varying in size and format. I created these pieces with brushes but also by using a palette knife. The presentation is a series of oil paintings that focuses on the feelings and emotions I've felt these past few months. The message I want to convey is not only the overwhelming feelings I've felt, but I also want the viewer if they relate to getting a sense of comfort knowing someone else is going through exactly what they're going through.